



EPICURE™

STEAMY FAST DINNERS

FOR THE STEAMY FAST DINNERS 5-PACK



STEAMY FAST DINNERS

DIGITAL RECIPE GUIDE
with **BONUS RECIPES**



This recipe guide is a real gamechanger. Master your microwave skills by using the **Round Steamer** for hearty chicken meals and delicious soups. The best part is the minimal cleanup involved!

With your grocery list already done, you can focus on getting dinner on the table in 20 minutes or less. Checkmark these dishes as being budget-friendly and put to use the perfectly balanced plate suggestions so that you can enjoy a nutritious meal every time.

COOKWARE

Meal planning and food prep can be easy with the right tools. The **Round Steamer** pairs perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

ROUND STEAMER

- Round shape is ideal for making soups or even a whole chicken! Its round shape also makes for easy serving.
- Vented lid prevents liquid from overflowing.
- Sturdy base with wide handles makes for easy gripping and lifting in and out of the microwave or oven.
- Heat resistant up to 450° F.
- Perfect for microwaving—steaming food seals in flavour and moisture without adding any butter or oil. Helps preserve more nutrients.

CARE & USE:

- Hand wash before initial use.
- Dishwasher, oven, and microwave safe.
- Avoid using metal utensils. Silicone or wood recommended.

CAUTION: Contents may become very hot; use oven mitts and be cautious when removing the lid.



GROCERY LIST

PRODUCE

- ☐ **2 heads baby bok choy** (Steamer Thai Coconut Soup) | *Swap: broccoli*
- ☐ **1 large onion** (Butter Chicken)
- ☐ **1 sweet potato** (Steamer Thai Coconut Soup)
- ☐ **½ lime**, optional (Steamer Thai Coconut Soup)
- ☐ **4 cups sliced mushrooms**, such as cremini
Try: prepackaged, about 2 pkgs (7 oz/200 g)
 - 3 cups (Steamy Good Wintry Mushroom Soup)
 - 1 cup (Steamer Thai Coconut Soup)

PANTRY STAPLES

- ☐ **2 cans (14 oz/398 ml each) coconut milk:**
 - 1 can (Butter Chicken)
 - 1 can (Steamer Thai Coconut Soup)
- ☐ **½ cup crushed tomatoes** (Butter Chicken)
- ☐ **1 tbsp honey** (Honey Garlic Meatballs)

PROTEIN

- ☐ **1 block (454 g) medium-firm tofu** (Steamer Thai Coconut Soup) | *Swap: chicken or shrimp*
- ☐ **3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- ☐ **2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts (Butter Chicken) | *Swap: 4 cups chickpeas or 2 lbs (900 g) firm tofu*
- ☐ **1 lb (450 g) lean ground beef** (Honey Garlic Meatballs)

DAIRY

- ☐ **3½ cups milk**, your choice (Steamy Good Wintry Mushroom Soup)
- ☐ **½ cup 2% plain Greek yogurt** (Butter Chicken)
- ☐ **3 tbsp butter:**
 - 2 tbsp (Steamy Good Wintry Mushroom Soup)
Swap: olive oil
 - 1 tbsp (Butter Chicken)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add mixed veggies, leafy greens, green beans, rice, whole-grain rolls, bread, and chicken or canned salmon to make sandwiches.



ROTISSERIE CHICKEN

TIP: Keep it juicy!
Let chicken stand
8–10 min before
cutting. This allows
time for the juices
to redistribute back
through the meat.



TIP: Cook once, eat
twice. Use up leftovers
to make power bowls
or add to soup or pasta.



TOTAL TIME: 25 min



8 SERVINGS



\$2.29 CA/\$1.95 US PER SERVING

Have some rice or bread on hand for all the saucy bits that collect in the bottom. Keep an instant read thermometer handy—microwave times/wattage differ.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup rice or 1 whole-grain roll.

INGREDIENTS

3 lbs (1.36 kg) whole chicken
1 pkg **Rotisserie Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 21 g.

INSTRUCTIONS

1. Place chicken in **Round Steamer**, breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

STEAMY GOOD WINTRY MUSHROOM SOUP



TIP: Save prep time and buy a package of pre-sliced mushrooms. Or, mix and match—choose your favourite kinds for a medley of flavour. You'll need a generous ½ lb (225 g) whole mushrooms.

 **TOTAL TIME:** 20 min

 **4 CUPS FOR 4 SERVINGS**

 **\$2.14 CA/\$1.67 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with an open-faced or half sandwich made with 1 slice whole-grain bread, ½ tbsp mayo, ½ cup lean protein (chicken or canned salmon), and ½ cup leafy greens.

INGREDIENTS

- 1 pkg **Wintry Mushroom Soup Seasoning**
- 3½ cups milk, your choice
- 3 cups sliced mushrooms, such as cremini
- 2 tbsp butter or olive oil

NUTRITIONAL INFO

Per serving (about 1 cup): Calories 210, Fat 10 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 340 mg, Carbohydrate 19 g (Fibre 1 g, Sugars 1 g), Protein 10 g.

INSTRUCTIONS

1. In a large bowl, whisk together seasoning with milk; set aside.
2. Place mushrooms and butter in a **Round Steamer**. Cover; microwave on high until mushrooms start to release juices and are tender with a bite, about 5 min, stirring halfway through.
3. Stir in reserved seasoning mixture. Microwave on high, uncovered, for 15 min, stirring every 5 min until soup is bubbly and has thickened slightly.

HONEY GARLIC MEATBALLS

TIP: For richer flavour and colour, add 1 tsp fancy molasses to the sauce while cooking.



TOTAL TIME: 11 min



4 SERVINGS



\$2.53 CA/\$2.15 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice and 1 cup steamed vegetables.

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Honey Garlic Meatball Seasoning**, divided
- ¾ cup water
- 1 tbsp honey

NUTRITIONAL INFO

Per serving (4 meatballs): Calories 310, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 460 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 19 g), Protein 22 g.

INSTRUCTIONS

1. In a large bowl, using a fork, combine beef and 2 tbsp seasoning. Form into 16 meatballs (about a scant 2 tbsp each).
2. Arrange in a single layer in **Round Steamer** or **Multipurpose Steamer** (it's OK if they touch). Cover and microwave on high, for 4 min or until cooked.
3. Meanwhile, prepare sauce. In **Wok**, combine remaining seasoning, water, and honey. Bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer until sauce has thickened to your liking.
4. When meatballs are cooked, carefully drain and discard liquid from bottom of steamer. Add meatballs to Wok; stir to coat with sauce. Serve with rice, if desired.

BUTTER CHICKEN



TOTAL TIME: 20 min



8 SERVINGS



\$2.26 CA/\$1.92 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed green beans or broccoli florets and 1 cup rice.

INGREDIENTS

- 1 large onion
- 1 tbsp butter
- 1 pkg **Butter Chicken Seasoning**
- 1 can (14 oz/398 ml) coconut milk
- ½ cup crushed tomatoes
- 2 lbs (900 g) boneless, skinless chicken breasts, cubed
- ½ cup 2% plain Greek yogurt

NUTRITIONAL INFO

Per serving: Calories 260, Fat 15 g (Saturated 11 g, Trans 0 g), Cholesterol 65 mg, Sodium 120 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 3 g), Protein 26 g.

INSTRUCTIONS

1. Dice onion. Place in **Round** or **Multipurpose Steamer** with butter and seasoning. Cover; microwave on high 2 min.
2. Stir in coconut milk, tomatoes, and chicken. Cover; microwave on high 6–8 min or until chicken is cooked through.
3. Remove from microwave and stir in yogurt.

STEAMER THAI COCONUT SOUP



TIP: Swap tofu with cooked chicken or shrimp.

 **TOTAL TIME:** 20 min

 **6 CUPS FOR 4 SERVINGS**

 **\$3.18 CA/\$2.70 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced vegetables and 1 small whole-grain bun.

INGREDIENTS

- 1 sweet potato
- 1 pkg **Thai Coconut Soup Seasoning**
- 1 can (14 oz/ 398ml) coconut milk
- 2 cups hot water
- 2 heads baby bok choy
- 1 block (454 g) medium-firm tofu
- 1 cup sliced mushrooms
- ½ lime, juiced (optional)

NUTRITIONAL INFO

Per serving (about 1½ cups): Calories 340, Fat 19 g (Saturated 13 g, Trans 0 g), Cholesterol 0 mg, Sodium 340 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 10 g), Protein 16 g.

INSTRUCTIONS

1. Dice potato into small cubes; you should have about 2 cups. Place in a **Round Steamer**. Cover; microwave on high until tender, 4-6 min.
2. Meanwhile, in a large measuring cup, combine seasoning with coconut milk and hot water. Coarsely chop bok choy; you should have about 2 cups. Drain tofu; cube and measure out 1½ cups.
3. When potatoes are tender, pour coconut milk mixture into steamer. Cover; microwave on high until hot, about 4-6 min. Stir halfway through cooking.
4. Carefully stir in bok choy, tofu, and mushrooms. Cover; microwave on high until bok choy and mushrooms are tender, about 4 min. Squeeze in lime juice, if desired.

STEAMER ROTISSERIE CHICKEN 'N VEGGIE SOUP



 TOTAL TIME: 20 min

 8 CUPS
(4 SERVINGS)

 \$3.10 CA/\$2.64 US PER SERVING

Soup is a *souper* way to use up leftover cooked chicken. This is a versatile recipe—use your favourite frozen veggies or swap in fresh seasonal favourites.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small whole-grain roll.

INGREDIENTS

- 1 can (14 oz/398 ml) unsalted diced tomatoes
- ½ pkg **Rotisserie Chicken Seasoning**
- 6 cups water or your choice of broth
- 4 cups mixed frozen vegetables
- 2 cups **Rotisserie Chicken** (p. 5), cooked, shredded
- Toppings** (optional): Chopped fresh herbs or grated parmesan cheese

NUTRITIONAL INFO

Per serving (2 cups): Calories 310, Fat 10 g (Saturated 2.5 g, Trans 0 g), Cholesterol 50 mg, Sodium 460 mg, Carbohydrate 32 g (Fibre 9 g, Sugars 4 g), Protein 24 g.

INSTRUCTIONS

1. In **Round Steamer**, combine diced tomatoes, seasoning, and water. Cover; microwave on high until hot, 6–8 min. Stir halfway through cooking.
2. Stir in veggies and chicken. Cover; microwave on high until veggies are tender, about 3 min.
3. Ladle into bowls; add toppings, if desired.

CREAMY MUSHROOM & CHICKEN PASTA



TIP: For a thicker sauce, let the dish rest 10 min before serving. The sauce will thicken as it sits.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.79 CA/\$3.22 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp **Epicure Salad Dressing** of your choice.

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breast fillets
- 2 cups uncooked extra broad egg noodles
- 1½ cups milk, your choice
- 1 cup hot water
- 1 pkg **Wintry Mushroom Soup Seasoning**
- 2 cups frozen peas

NUTRITIONAL INFO

Per serving: Calories 390, Fat 6 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 125 mg, Sodium 360 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 6 g), Protein 38 g.

INSTRUCTIONS

1. In **Multipurpose** or **Round Steamer**, add chicken in a single layer (it's OK if the fillets touch). Cover; microwave on high 4 min.
2. Add noodles, milk, hot water, and seasoning; stir to mix. Microwave on high, uncovered, 5 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Stir in peas. Microwave on high, uncovered, for 4 min or until pasta is tender and sauce has thickened.

STEAMER HONEY GARLIC CHICKEN



TIP: For extra flavour, instead of discarding the cooking liquid from the chicken and veggies, use it to make the sauce! Top up with water until you get ¾ cup.

 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$3.91 CA/\$3.32 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice.

INGREDIENTS

- 2 bell peppers
- 1 lb (450 g) boneless, skinless chicken breasts
- 2 cups broccoli florets
- 1 pkg **Honey Garlic Meatball Seasoning**
- ¾ cup water
- ½ tbsp honey
- Toppings** (optional): sliced green onion

NUTRITIONAL INFO

Per serving: Calories 240, Fat 3 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 460 mg, Carbohydrate 29 g (Fibre 3 g, Sugars 19 g), Protein 26 g.

INSTRUCTIONS

1. Chop peppers and chicken into 1" pieces.
2. Add chicken to **Round Steamer**. Cover; microwave on high 4 min. Add broccoli, microwave 1 min. Add peppers. Microwave 1-2 min or until chicken is cooked through and veggies are tender-crisp.
3. Remove chicken and veggies from steamer and discard any liquid; cover to keep warm.
4. In same steamer (don't wash) whisk together seasoning, water, and honey. Microwave, uncovered, on high 2 min, whisking halfway through. If not thickened enough to your liking after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved.
5. Add chicken and veggies to sauce; stir to coat. Spoon into bowls and top each serving with green onion, if desired.

PULLED BUTTER CHICKEN SANDWICH



TIP: Canned coconut milk has a thick layer on top—make sure to stir well prior to measuring out half the can for the recipe.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$4.28 CA/\$3.64 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies on the side (or in your sandwich!).

INGREDIENTS

- 1 pkg **Butter Chicken Seasoning**
- ½ can (14 oz/398 ml) coconut milk
- ½ can (5.5 oz/156 ml) tomato paste
- 1 tbsp unsalted butter, melted
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
- ½ bunch fresh cilantro
- ½ cup 2% plain Greek yogurt
- ½ tbsp lemon juice
- Sea Salt**, to taste
- Black Pepper**, to taste
- 4 whole-grain burger buns, toasted

NUTRITIONAL INFO

Per serving: Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.

INSTRUCTIONS

1. In **Multipurpose** or **Round Steamer**, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
2. Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
3. Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
4. Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

THAI-INSPIRED STEAMER MEAL



 TOTAL TIME: 20–25 min

 4 SERVINGS

 \$4.45 CA/\$3.78 US PER SERVING

A creamy one-pan rice dish for those busy weeknights!

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, such as sugar snap peas.

INGREDIENTS

- 2 bell peppers
- 2 cups sliced mushrooms
- 1 cup uncooked white rice
- 1 can (14 oz/398 ml) light coconut milk
- ½ cup water
- 1 pkg **Thai Coconut Soup Seasoning**
- 1 bag (340 g) frozen peeled cooked shrimp, defrosted

Toppings (optional): sliced green onion

NUTRITIONAL INFO

Per serving: Calories 400, Fat 7 g (Saturated 5 g, Trans 0 g), Cholesterol 165 mg, Sodium 460 mg, Carbohydrate 56 g (Fibre 4 g, Sugars 7 g), Protein 27 g.

INSTRUCTIONS

1. Dice peppers; place in **Round Steamer**. Add mushrooms, rice, coconut milk, water, and seasoning. Stir to combine. Microwave, uncovered, on high for 16–18 min, stirring halfway through, until rice is tender.
2. Stir in shrimp. Cover; microwave on high 1 min, or until shrimp are warmed through. If you have time, let rest a few min before serving. This will help the moisture in the rice redistribute.
3. Spoon into bowls and top each serving with sliced green onion, if desired.